

## Medical Insurance

### Children's Health Insurance Program (CHIP)

Toll-free 1-888-222-2542

<http://www.health.utah.gov/chip>

### Covered at Work

Toll-free 1-888-222-2542

<http://www.health.utah.gov/caw>

### Medicaid

Call your local Medicaid Eligibility Office at the Local Health Department or Workforce Services. For the office nearest you, call:

(801) 538-6155 or toll-free 1-800-662-9651

<http://www.health.utah.gov/medicaid>

### Medicare

Regence BlueCross BlueShield of Utah

(801) 538-3910 or toll-free 1-800-541-7735

### Primary Care Network (PCN)

Toll-free 1-888-222-2542

<http://www.health.utah.gov/pcn>

### Utah Comprehensive Health Insurance Pool (HIP)

Regence BlueCross BlueShield of Utah

(801) 333-5573 or toll-free 1-800-662-0876

## Prescription Assistance

Provides assistance to patients with diabetes who cannot afford their insulin/oral medications.

### Affordable RxMeds

Toll-free 1-877-MEDS-4-ME (633-7463)

[www.affordablrxmeds.com](http://www.affordablrxmeds.com)

### Diabetes Trust Foundation

(205) 939-3402 or toll-free 1-800-577-1383

### HelpingPatients.org

Toll-free 1-800-762-4636

<http://www.helpingpatients.org/Intro.php>

### RxConnect Utah

Toll-free 1-866-221-0265

<http://www.health.utah.gov/rxconnectutah>

### The Medicine Prescription Program

To request a free brochure/application:

PO Box 515, Doniphan, MO 63935-0515

(573) 996-7300 M-F 8am-5pm CST

[www.themedicineprogram.com](http://www.themedicineprogram.com)

**You may also contact the manufacturer of your prescription for possible patient assistance programs.**

## Emergency Aid/Food

Organization	Phone
Catholic Community Services	(801) 977-9119
Centro de la Familia de Utah	(801) 521-4473
Community Action Program	(801) 359-2444
Community Services Council	(801) 978-2452
Crossroads Thrift	(801) 359-8837
Crossroads Urban Center	(801) 364-7765
Division of Services for the Blind and Visually Impaired	(801) 323-4343 1-800-284-1823
Eagle Ranch	(801) 254-4945
Expanded Food/Nutrition Education Program	(435) 797-2139
Friends for Sight	(801) 524-2020 1-800-675-5665
Healthy Aging Program	(801) 468-2772
Indian Walk-In Center	(801) 486-4877
Industry and Medical Supply Service Listing	1-888-222-2542
Call Health Resource Line for specifics	
Information and Referral	211
Low Vision Rehabilitation Services	(801) 408-3937

## Emergency Aid/Food

Organization	Phone
Rescue Haven	(801) 521-5925
Rescue Mission	(801) 355-1302
Salvation Army	(801) 322-1253
Salvation Army Adult Rehabilitation Program	(801) 621-3580 (Ogden)
Senior Center Programs/ Congregate Meals	(801) 468-2496
St. Paul's Episcopal Church	(801) 322-5869
St. Vincent DePaul/Weigand Homeless Day Center	(801) 363-7710
The Foundation of the American Academy of Ophthalmology	1-800-391-3937
Utah Division of Aging and Adult Services	(801) 538-3910
Utah State Divison of Substance Abuse and Mental Health (call for a referral only)	(801) 538-3939
Utah State Library for the Blind/Disabled	(801) 715-6789 1-800-662-5540 (Utah Toll-free)
Utahns Against Hunger	(801) 328-2561 (800) 453-3663

## Utah Diabetes Pocket Directory

For People Affected by Diabetes



[www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)

## What is Diabetes?

**Diabetes** is a chronic disease in which the body does not make or properly use insulin. Insulin is a hormone the body makes to convert sugar, starches and other food into energy. Without proper levels or use of insulin sugar builds up in the bloodstream and damages the heart, eyes, feet, kidneys and blood vessels.

### Types of Diabetes

- \* Type 1 Diabetes
- \* Type 2 Diabetes
- \* Gestational Diabetes

### Symptoms

- \* Blurry vision
- \* Tingling or numbness in the hands and feet
- \* Frequent urination
- \* Excessive thirst
- \* Extreme hunger
- \* Very dry skin
- \* More infections than usual
- \* Feeling very tired often
- \* Unexplained weight loss

### Risk Factors

- \* A family history of diabetes
- \* African American, Hispanic/Latino, Asian, Pacific Islander or Native American
- \* 45 years of age or older
- \* Overweight
- \* Physical inactivity
- \* For women, a prior history of gestational diabetes or a baby weighing more than nine pounds at birth
- \* Pre-diabetes

## Tests that Help in Diabetes Management

Test	Target Level	How Often?
Hemoglobin A1c (HbA1c)	Less than 7.0 %	2-4 times each year by a health care professional
Blood Sugar Level	Chosen by you and your doctor	
Blood Pressure	≤ 130/80	Every regular doctor visit or at least 2 times each year
Fasting Lipid Profile	Cholesterol<180mg/dl LDL ≤70-100 mg/dl HDL: ≥50 mg/dl (Women) ≥40 mg/dl (Men) Triglycerides<150 mg/dl	Annually by a health care professional
Microalbumin (Urine Protein)	Less than 30 mg/dL	Annually by a health care professional
Foot Exam	No sores, blisters or ulcers	Basic at each visit. Complete annually by a health care professional
Dilated Eye Exam	No eye problems	Annually by a health care professional

## Recommended Vaccine/Shot

Vaccine/Shot	How Often?
Flu Shot	Annually
Pneumonia Vaccine	Once before age 65. See your doctor about second shot after 65

## Community Diabetes Resources

- \* **Diabetes Education Programs:** Located throughout the state, offer individual instruction, group classes and/or screenings. Many are ADA and/or State Certified Programs and offer culturally appropriate education.
- \* **Local Health Department Services**
- \* **Community Health Centers**
- \* **Primary Health Care Clinics**
- \* **Vision Services**
- \* **Other Community Services and Education Resources**

For more information or a complete list of the above resources, call the Utah Department of Health Resource Line toll-free at 1-888-222-2542

## Other Resources

**American Cancer Society**  
(801) 483-1500 or toll-free 1-800-ACS-2345  
www.cancer.org

**American Diabetes Association,**  
toll-free 1-888-DIABETES (342-2383)  
www.diabetes.org

**American Heart Association**  
(801) 484-3838 or toll-free 1-800-242-8721  
www.heartsource.org

**American Lung Association**  
(801) 484-4456 or toll-free 1-800-LUNG USA (586-4872)  
www.lungusa.org

**Horizonte Instruction and Training Center**  
(801) 578-8574

**Juvenile Diabetes Research Foundation**  
(801) 530-0660 or toll-free 1-800-JDF-CURE (533-2873)  
www.jdrf.org

**Utah Department of Health Arthritis Program**  
(801) 538-6141  
www.health.utah.gov/arthritis

**Utah Department of Health Tobacco Prevention and Control Program**  
(801) 538-6141 or toll-free 1-888-567-TRUTH (8788)  
www.tobaccofreeutah.org

For additional help or specifics on this information please contact the Utah Department of Health Resource Line toll-free at 1-888-222-2542 or the Utah Diabetes Prevention and Control Program at (801) 538-6141.



**PO Box 142107**  
**Salt Lake City, Utah 84114-2107**  
**Telephone (801) 538-6141**

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